

Self Management Unit Lesson 1:

Be Kind to Your Mind with Professor Feathersnooze

CASEL Standards:

Self-Management - The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Academic Standards:

Pre-Kindergarten School Readiness Goals:

Students will focus on the following general early education and pre-kindergarten instruction and school readiness focus areas:

Communication with others.

Identifying emotions.

Using images and language to communicate emotions.

Objective:

Use mindfulness techniques to manage emotions in school and at home.

Essential Questions:

How can I be calm at school and at home?

I Can:

I can sit still, breathe deeply, and listen to the sounds around me to stay calm at school and at home.



Mindful Teaching Tips

Give students the resources to identify their emotions. Use an emotions chart and provide sentence starters or suggestions about how to communicate about these emotions. If you don't have an emotions chart, there are high-quality examples available for public use, or you can invest the time in creating an emotions chart with your class, using student-created illustrations to accompany the emotions. This way, students will have a framework for understanding emotions with examples that are relevant to them.

Teaching Transcript

Before You Listen

Be Kind to Your Mind with Professor Feathersnooze:

Let's get comfortable and we are going to listen to "Be Kind to Your Mind with Professor Feathersnooze." Listen to the words and try to relax your body.

Professor Feathersnooze takes time each day to be kind to his mind and let his worries float away.

Being mindful like Professor Feathersnooze is something that you can do to help you, especially when you are feeling frustrated or angry.

What helps you calm down?

We will practice some ways to calm down at the beginning of this story.

One of the best ways to calm your body down is to be still. Let's practice being still before we listen.

(Play the audio track from the beginning to 7:12.)



After You Listen

Let's answer these questions together:

How does Dr. Feathersnooze calm down?

Guide students to these answers, in addition to their own:

He lets his body be still.

He breathes deeply and quietly.

He listens to the sounds around him.

He thinks happy thoughts about his favorite people and places.

Ways to be Kind to Your Mind

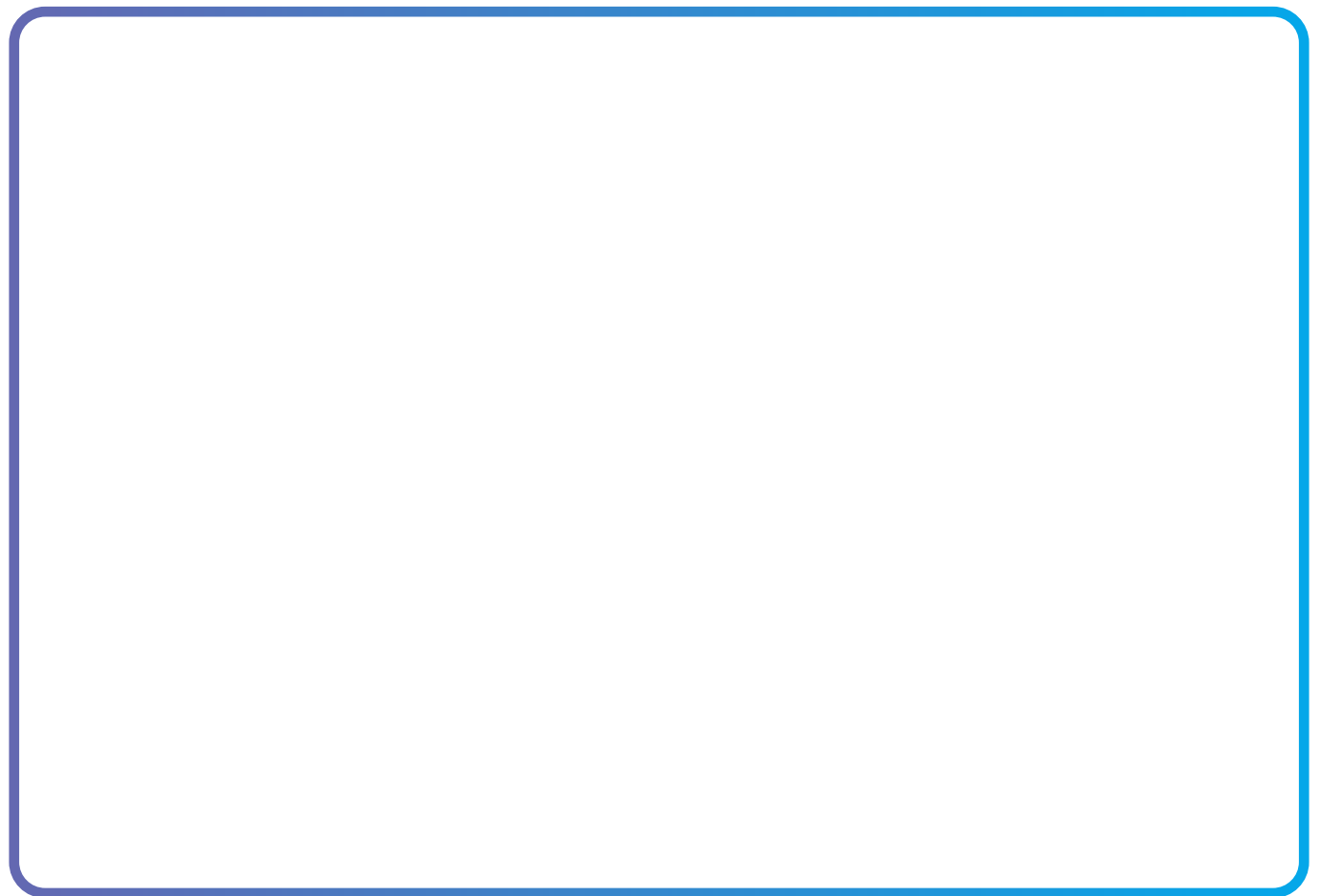
Be still.

Breathe.

Listen.

Think happy thoughts.

Draw a picture or write about each one of these ways to be calm and kind to your mind.



Take Home Activity

Be Mindful at Home

Your child has been practicing mindfulness in class. We have learned about being kind to our minds and keeping calm by paying attention to our bodies.

Practice mindfulness with any member of the family who wants to learn how to be kind to their minds, too.

Find a comfortable place to sit.

1. Be still. When you are still, your body starts to get calmer.
2. Breathe deeply and quietly.
3. Listen to the sounds around you.
4. Think about something or someone that makes you happy.

You have just practiced being kind to your mind. Congratulations. You can make a colorful reminder to Be Kind to Your Mind so that anyone in the family can bring a little mindfulness into their day.

Weekly Theme Card

Pay attention to your body.

Take deep breaths.

Help yourself calm down by thinking about happy thoughts.

Remember the ways to be calm: be still, breathe, and listen.

